

# + Healthy Eating On the Run!



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# + Healthy Eating on the Run!

## Presentation Overview

- Why this topic?
- Why eat healthy?
- The Basics – Healthy Eating
- Incorporating these foods into your diet
- Meal and Snack ideas
- Basic planning



Image found at: <http://www.activ8-fitness.com/fitness/wp-content/uploads/2011/02/SAND01.jpg>

# + Objectives

1. To learn the basics of healthy eating.
2. To become familiar with MyPlate and the five basic food groups.
3. To learn strategies for incorporating healthy eating, and the basics of meal planning.



# + Application to SJSU Staff and Faculty

## Healthy Eating on the Run!

### Why this topic?

- Caring for Self and Others: The Spartan Way
  - Care for your body
  - Care for your mind
  - Care for others in your lives
- Hard to Make Time!
  - "I don't have time to eat healthy."
  - Busy schedules
  - Long work days
  - Families/Animals/Friends
  - Additional commitments
  - Desire for fast and easy options



# + Benefits to Eating Healthy

- According to the Centers for Disease Control and Prevention:
  - Diets filled with in fruits and vegetables may reduce your risk of chronic diseases, including cancer.
  - Fruits and vegetables are filled with vitamins and minerals that you need everyday.
  - Most fruits and vegetables are high in fiber, low in calories, and filling.



# + Defining Healthy Eating

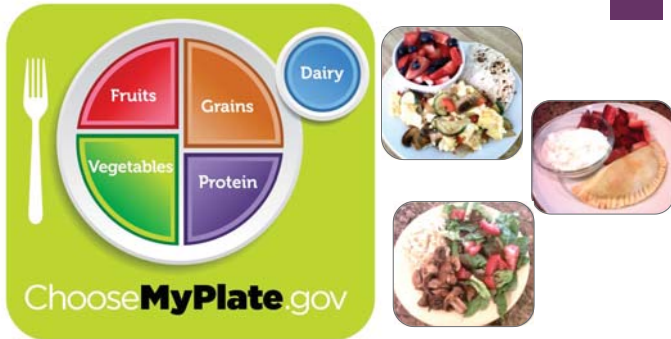
- Fruits
- Vegetables
- Whole grains
- Lean protein
- Low/non-fat dairy
- Healthy fats



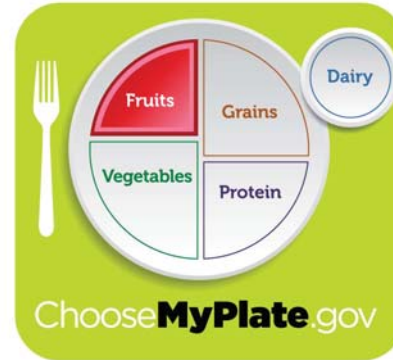
...All other foods in MODERATION

## + What does healthy eating look like?

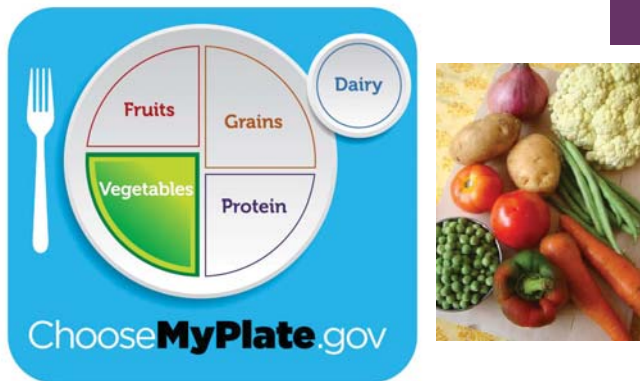
Let's Talk Basics... What is MyPlate?



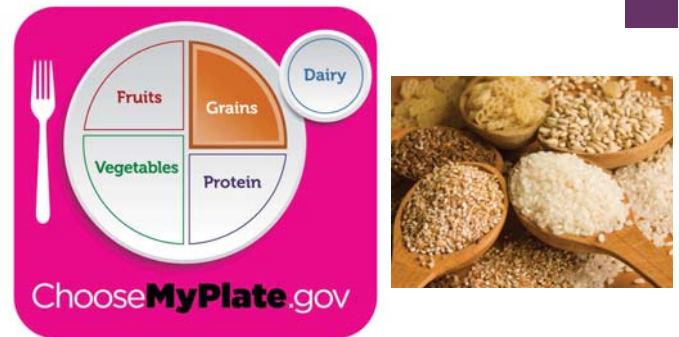
## + Focus on Fruits



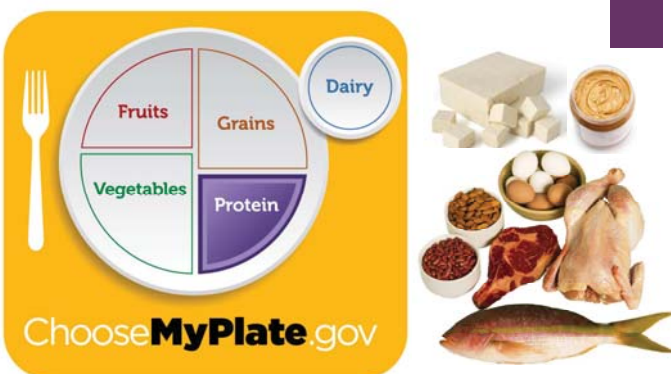
## + Vary Your Veggies



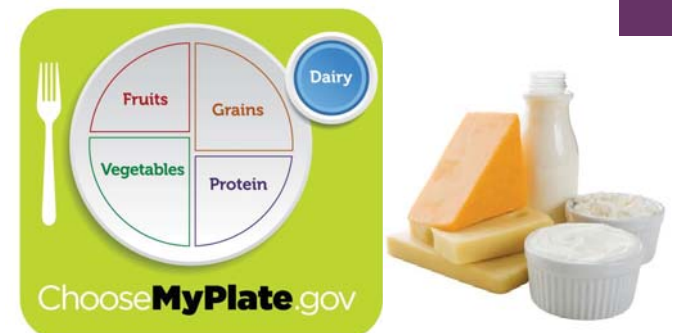
## + Make At Least 1/2 Your Grains Whole



## + Go Lean with Protein



## + Get Your Calcium-Rich Foods



- + Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more detailed requirements.



Daily Food Plans based on age, sex, height, weight, and physical activity level.

- + What might this look like?

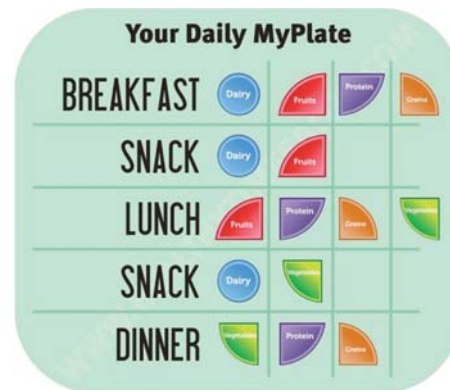


Image found at: <http://www.healthymesblog.com/2011/07/5-ways-myplate-can-help-you-lose-weight/>

## + Variety is Key

- Incorporating different food groups, flavors, and colors in your diet will keep it exciting and help hit all the different nutrients you need.



Image found at: [http://a.abcnews.go.com/images/Health/gty\\_beans\\_lentils\\_peas\\_jl\\_120601\\_wg.jpg](http://a.abcnews.go.com/images/Health/gty_beans_lentils_peas_jl_120601_wg.jpg)

- + How can we easily incorporate these healthy options into our diet?

Plan ahead



Image found at: <http://blog.healthkamet.com>

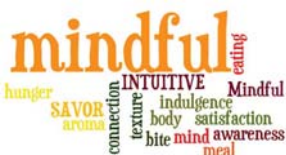
Prep food in advance



Image found at: <http://www.reasimple.com/food-recipes/shopping-storing/grab-go-snack-stashes-0000000000615/page2.html>

## + Healthy Eating Requires Planning Ahead

- Be mindful about your day, and where food fits in.
  - When do I have a break in my day?
  - When do I typically get hungry?
  - What is around me when I have a minute to grab food?
  - Do I have access to healthy options or should I bring something?



- Plan your day
  - What will you be having for breakfast?
  - Do you want to buy snacks or bring them?
  - Where will you have lunch? Dinner?
  - How much food do I need to be satisfied?

Image found at: <http://www.missioncollege.org/depts/bus/career/index.htm>

## + Prepping Food in Advance



- Pre-packaging and prepping your food for easy assembly will make choosing healthy options easier.
  - Cook some couscous and leave it in small containers in your fridge
  - Cook ground turkey to easily add to dishes
  - Put together a fruit salad
  - Clear containers
  - Buying in bulk saves \$\$\$!

Images found at: <http://blog.uweightloss.com/index.php/2012/04/30/10-amazing-food-prep-ideas-to-save-you-time-and-keep-you-healthy/> and <http://www.flickr.com/photos/kathyscsu/4311836838/>



## + Prepping Food in Advance



- Start where you feel comfortable
- Even just cutting up/cooking down food is a great starting goal
- Move to pre-packing snacks for every day
- Make a week's worth of meals on Sunday night?

## + Meal by Meal Ideas

### Simple Breakfast

- Sample idea #1: Grab n' Go
  - Hardboiled egg, peeled and ready to eat
  - Low-fat mozzarella string cheese
  - Medium-size pear or bunch of grapes
- Sample idea #2: Turkey Roll-up
  - Whole-wheat tortilla, shredded cheese, and turkey lunch-meat
- Sample idea #3: Refrigerator Oatmeal
  - Rolled oats, 1% milk or soy milk, dried fruit, chopped almonds



Image found at: <http://www.realsimple.com/health/nutrition-die>

## + Meal by Meal Ideas

### Simple Lunch

- Sample idea #1: Grab n' Go
  - Freezer sandwich
    - Apply fresh veggies the day of
- Sample idea #2: Leftovers
  - Pre-package leftovers.
  - Reheat on campus.
- Sample idea #3: ½ Purchase, ½ Provide
  - Pre-package some cut up fruits and vegetables in a baggie, or grab a low-fat yogurt before you leave.
  - Purchase something small, like a cup of soup or whole-grain bagel on campus.



Image found at: <http://moneysavingmom.com/2012/05/4-weeks-to-fill-your-freezer-peanut-butter-jelly-sandwiches-day-6.html>

## + Meal by Meal Ideas

### Simple Dinner

- Sample idea #1: Grab n' Go
  - Cooked couscous with black beans and veggies.
- Sample idea #2: Whole-wheat quesadilla with veggies
  - Whole-wheat tortilla, salsa, beans, shredded cheese, mixed veggies.
- Sample idea #3: No desire to cook
  - Cook on Sunday nights and pre-package your dinner in the freezer/fridge for the week.
  - Spaghetti and turkey meatballs
  - Teriyaki rice bowls
  - Homemade chili



Image found at: <http://blog.toty.com/post/23997273167/>

## + Meal by Meal Ideas

### Easy Snacks

Main goal is to combine some whole grain, protein, and a little fat for the most satiating snack.

- Cheese and crackers
- Peanut butter and apple\*
- Greek yogurt, frozen berries, and granola
- ½ Sandwich with meat and cheese, egg salad, or PBJ\*
- Low-fat pudding with fresh fruit\*
- Cottage cheese and canned fruit
- English muffin with peanut butter\*
- Veggie sticks with ranch
- Whole-grain pita with hummus
- Banana with almond butter\*
- Fruit salad with a handful of nuts
- Trail mix\*



Image found at: <http://www.cookinglight.com/cooking-101/essential-ingredients/>

\*Refrigeration may not be needed

## + What to make??

### Brainstorming Meal Ideas

- Rotating activity
  - Get into groups
  - Rotate through the four different categories
  - List as many ideas as possible ...
    - Remember variety is key in maintaining a healthy diet!



## + What to make??

### Brainstorming Meal Ideas

- We can make any meal/snack combo healthy!
  - Focus on the basic consumer messages:
    - Focus on Fruits
    - Vary your Veggies
    - Make at Least ½ your Grains Whole
    - Go Lean with Protein
    - Get Your Calcium-rich Foods
  - Make ½ your plate fruits and veggies
- Aim for balance within your meal ideas



## + Let's Do Step One!

### Plan Ahead...

Meals		Grocery List	
Monday		dairy	dry goods
Tuesday			
Wednesday		canned goods	produce
Thursday			
Friday		frozen foods	
Saturday			misc.
Sunday		meat	

## + Remember:

- Be mindful about your day, and where food fits in.
  - When do I have a break in my day?
  - When do I typically get hungry?
  - What is around me when I have a minute to grab food?
  - Do I have access to healthy options or should I bring something?
- Plan your day
  - What will you be having for breakfast?
  - Do you want to buy snacks or bring them?
  - Where will you have lunch? Dinner?
  - How much food do I need to be satisfied?

## + Making it Happen!

### Healthy Eating takes Dedication



- Set realistic and reasonable goals for yourself
  - Have a fruit/vegetable at every meal
  - Aim for 2-3 food groups at each meal
  - Prep food in advance (choose a day of the week)
- Make it easy on yourself to make good choices.
  - Have healthy options available, convenient, and easy to choose.
  - Be aware of the healthy choices around you.

## + Making it Happen!

### Healthy Eating takes Dedication

- Get creative.
  - Start with things that are easy to do, then venture out to prevent boredom.
  - Look up new recipes, or experiment in the kitchen!
- It's a lifestyle change.
  - Change isn't always easy, but making healthy habits will pay off in the long run.



You have to be the one to make the change –  
What motivates you?

+  
Questions?  
Comments?



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## + References

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Centers for Disease Control and Prevention. (2012). Fruits and Vegetables. *Nutrition for Everyone*. Retrieved October 24, 2012, from <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

United States Department of Agriculture. (2012). Food Groups. *ChooseMyPlate.Gov* Retrieved October 24, 2012, from <http://www.choosemyplate.gov/food-groups/>

